

Hours: Monday -Friday
9:30am - 1:30pm





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March 2017+

Monday	Tuesday	Wednesday	Thursday	Friday
		9:30 Coffee Talk 10:00 Good Old Days 10:30 Sing-A-Long w/ Kay 12:00 Lunch 12:45 Tai Chi Exercise w/Dave 1	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel Collages 12:00 Lunch 12:45 Exercise w/Liz 2	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Birthday Recognitions 11:00 Musical Trivia 12:00 Lunch 12:45 Bingo 3
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days 6	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pancake Day Cooking Activity 12:00 Lunch 12:45 Exercise w/Liz 7	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music and Dance w/Al & Anne 12:00 Lunch 12:45 Tai Chi Exercise w/Dave 8	9:30 Coffee Talk 10:00 Good Old Days 10:30 Jewelry Project 12:00 Lunch 12:45 Exercise w/Liz 9	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo 10
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Paws4Comfort or Billiards 12:00 Lunch 12:45 Good Old Days 13	9:30 Coffee Talk 10:00 Good Old Days 11:00 Art Project and iPad games 12:00 Lunch 12:45 Exercise w/Liz 14	9:30 Coffee Talk 10:00 Good Old Days 11:00 St. Patrick's Day The Mighty Celtones 12:00 Lunch 12:45 Tai Chi w/Dave 15	9:30 Coffee Talk 10:00 Good Old Days 10:30 Irish Soda Bread Cooking activity 12:00 Lunch 12:45 Exercise w/Liz 16	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 St. Patrick's Day Party 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo 17
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music and Dance w/Al & Anne 12:00 Lunch 12:45 Good Old Days 20	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics 12:00 Lunch 12:45 Exercise w/Liz 21	Applications & Research Lab 10910 Route 108 Lunch and Craft 9:30am – 1:30pm 22	9:30 Coffee Talk 10:00 Good Old Days 11:00 "Two for the Show" Music Program 12:00 Lunch 12:45 Exercise w/Liz 23	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 50+ Players Performance 12:00 Lunch 12:45 Bingo 24
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 27	Center Closed for Staff Meeting 28	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Ed 12:00 Lunch 12:45 Tai Chi Exercise w/Dave 29	9:30 Coffee Talk 10:00 Herb Planting 11:00 This Day in History 12:00 Lunch 12:45 Exercise w/Liz 30	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Fruit Salad 12:00 Lunch 12:45 Bingo 31

Nurturing with Purpose

adapted from: <http://www.sageminder.com/Caregiving/CaregivingBasics/Purpose.aspx>

"There are certain things that are fundamental to human fulfillment. The essence of these needs is captured in the phrase 'to live, to love, to learn, to leave a legacy'. The need to live is our physical need for such things as food, clothing, shelter, economical well-being, health. The need to love is our social need to relate to other people, to belong, to love and to be loved. The need to learn is our mental need to develop and to grow. And the need to leave a legacy is our spiritual need to have a sense of meaning, purpose, personal congruence, and contribution"

~Stephen R. Covey

How can we nurture those we care for? Well, the obvious things are the things we all provide for like food, shelter, clothing, etc. - the "to live" part of the above quote. But, loving, learning, and leaving a legacy may be a little tricky. How do we help persons in our care toward a sense of purpose and meaning when it may be tough to just physically get through the day?

Living Life to the Fullest

How can you offset feeling isolated and bored when people cannot get around much and have serious physical limitations? One thing we can do is helping a those we care for with loving. Maybe a pet in a shelter could use rescuing. Maybe a child in the family could use some tutoring or mentoring. Maybe a senior could use a daily phone call. There are people and small creatures in need of love everywhere. Offering opportunities or setting up opportunities for the individual in your care to provide love to a pet, a child, or another person can give that sense of being needed and fulfill that basic human instinct to love another.

What about learning? Well, nowadays, you can find more than boring re-runs on TV. There are all sorts of documentary shows on "Netflix" or on demand type services. What type of thing interests your loved one? Learning is a life-long endeavor and there are classes that are offered free or at a reduced charge. Leaving a legacy is one of those things that is very individual to the person. But, so often, we forget who that person was before they became frail or ill. They often had tremendous lives full of adventure, contribution, and talent. How can you help the person in your care honor and celebrate their lives? Maybe just the act of making a scrap book together can show the life well-lived. Maybe doing taped interviews so the person can record their "story" for others to hear will help him/her realize and remember all the ways in which they have left a legacy already and spark the imagination about ways to continue that legacy.

A Sense of Purpose

Even just feeling useful can be a boost to a person who is feeling isolated or depressed. Can they shell beans? Can they organize or help file? Everyone needs to feel like they are contributing to something larger than themselves. Find ways to encourage participation. You may be surprised how much a person perks up knowing that they are making real contributions to the household. Find other fun activities to do with your loved one around the house to counteract a sense of isolation. A sense of purpose may not be a basic necessity like food and shelter – but doing what we can to help people feel connected and useful is one of the most nurturing things we can do.

Closings:

Tuesday, March 28th Closed for Department of Community Resources and Services staff meeting

Outings:

Wednesday, March 22nd Application and Research Lab 9:30-1:30pm.

Monday, March 27th Bob Evans Restaurant 9:30am-1:30pm.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.